

The Effectiveness of Life Skills Training on Enhancement of Quality of Life and Coping Styles in Methadone Maintenance Therapy Members

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Abstract

Objective: This study aimed to examine the effectiveness of life skills training on enhancement of quality of life, and Coping Styles in Methadone maintenance Therapy members. **Method:** In this pseudo experimental study 64 males selected and assigned randomly in two groups (experimental and witness). Both groups completed quality of Life and Coping styles questionnaires in two phases as a pre and post test. **Results:** The results indicated that scores of experimental group was significantly higher on Task-oriented and Emotion-oriented. Also scores of experimental group was significantly higher on interpersonal relationship, physical health, and life requirements. **Conclusion:** It seems that life skills training in addiction patients enhance quality of life and effective coping styles.

Keywords: Life Skills, Quality of Life, Coping Styles

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